LESSON IV.

Fat and sugar are both fuel foods rather than building foods. They are also both used to make other foods more palatable.

There is a shortage of fat for several reasons: Animal production has fallen off in all the warring countries; less than usual is imported from distant lands because of lack of tonnage; and very large quantities are used in the manufacture of munitions. We must use our supply of food fat carefully and intelligently.

An ounce of fat yields more than twice as much energy for the work of the body as an ounce of the other food fuels.

There is practically no difference in the way in which different kinds of fat are digested.

Some animal fats, especially milk fat, contain little-known but very important substances without which the body cannot grow or recover from injury as it should. These are not found in vegetable oils (olive, cottonseed, or peanut oil). We should make sure that children and invalids have some animal fat, preferably from milk.

As a nation we ordinarily use much more fat than we need, and we waste much more than we should. We can therefore cut down our consumption from 3 1/2 to 2 ounces per person per day without any danger to ourselves, and by so doing release what the Government wishes to send to the Allies.

There is a sugar shortage among the Allies because the great sugar-beet districts of Europe are either in the hands of the enemy or cut off by fighting lines. The supplies from Asia and Australasia cannot be obtained for lack of ships. Therefore the West Indies, North America, and Hawaii must supply not only themselves but the Allies as well.

The principal reason for using sugar is that we like its taste and it makes other foods more palatable. It does not supply any necessary substance which we cannot get equally well elsewhere.

The only advantage of sugar as a food fuel is that it is a quick-burning fuel, and gives its energy to the body more quickly than other kinds.

The United States is one of the greatest sugar-eating nations in the world. We would be better off in purse and health if we ate less. If we cut down our use of candy, sweet drinks, sweet cakes, and desserts it will be an advantage to ourselves as well as a help to the Allies with whom we share our supply.
CONSERVATION OF FAT AND SUGAR.

Dr. E. V. McCollum.

Johns Hopkins University.

Fats and sugars are both things that we use as much to make our food taste good as to give nourishment that we can not obtain elsewhere. They are both things which we, as a Nation, use much more freely than most other peoples, and more freely than we need for either health or comfort.

In 1917 the total amount of sugar used in the United States averaged 83 pounds for each person. Part of this was used in the manufacture of non-edible products, probably from 55 to 60 pounds went directly into the households as sugar, and the rest was eaten in the form of candy, sweet drinks, bakery goods, condensed milk, and other commercially canned foods. It is safe to say that the average American consumes between 3 and 3½ ounces of sugar a day, twice as much as that ordinarily used by the Frenchman. Only the Englishman exceeded this use before the war.

Sugar is scarce among the Allies because the great sugar-beet fields of northern France and Belgium are in the hands of the Germans, and the cane sugar which England usually imports from India and other distant lands can not be obtained for lack of ships. If the Allies are to have sugar it must come mainly from America; and this means that we must share our supply with them. They do not ask for enough to bring their supply up to what it was before the war, but merely for enough to make their food fairly palatable. We can give them this if we cut down our own use to 1½ ounces (3 tablespoons) instead of 3 ounces a person a day.

Our use of fats is even more generous as compared with that of other countries. Where an American ordinarily consumes 3½ ounces a day, an Englishman uses 3¼, a Frenchman 1½, and a German 2½. With all the changes which war has made in the world's food supply, these figures have changed very greatly, particularly in Europe.

The fats which are obtained from domestic animals (butter, lard, suet, tallow, for example) are produced there in very much smaller amounts than usual, because there are not enough feed and labor available to keep up the usual number of cows and pigs and sheep and there are no vessels to bring in supplies from Australia and South America. The vegetables fats and oils are made chiefly from the seeds of plants growing in warm countries (olive, cotton seed, peanut, for example), and these can not be imported as usual for lack of ships. To make the situation worse, fats are needed not only for food but also for making glycerine and other compounds used for munitions and for various other industrial purposes, including the manufacture of soap.
Every patriotic person is willing to make the sacrifice required to release any needed fats and sugars for the Allies and for our fighting forces, but the practical difficulty before the housekeeper is to know how to do it without unnecessary trouble and discomfort. The problem may seem easier to her if she understands clearly how these two groups of foods are used in the body and what substitutions may be made without seriously changing the healthfulness and attractiveness of the diet.

**FATS.**

There are several unusual things about the value of fats as food.

To begin with, fats are a much more concentrated body fuel than protein, starch, and sugar. An ounce of fat yields the body more than twice as much heat or energy for the work of the muscles as does an ounce of any of the others. When we put butter on our bread we add about twice as many calories to its energy value as if we spread it with an equally thick layer of rich jam. If we finish a hearty meal with pastry rich with fat, we are much more likely to eat more than we need than if we choose fruit instead. On the other hand, if a person is undernourished, adding fat or oil to his diet builds up the energy value of the food without making it seem too much.

There is another interesting difference between the food value of certain kinds of fat and that of most other foods. The fat in milk and eggs and, to a less extent, pork, suet, and other meat fats contain minute amounts of a recently discovered substance which is extremely important. Without a sufficient amount of this substance young animals are not able to grow as they should and older ones do not keep in health or recover from disease or injury. No really satisfactory name has been found for this substance. It is known in the laboratory as “fat-soluble A.” We do not yet know exactly how much there is in the different food materials or how much the body needs, but it is safe to say that it is most abundant in the fat of milk and eggs and entirely lacking in the vegetable oils.

Curiously enough, the only vegetable foods in which it has been found in adequate amounts are the green leaves, like those of lettuce, spinach, dandelion, and turnip tops. This seems to indicate that the vegetables need it for their growth just as animals do, and that the herbivorous animals get their supply from the leaves they eat, passing it on to their young in the milk or storing it in certain parts of their own bodies. Omnivorous animals, like men, get theirs either from the green leaves or from the organs and fats of the animals they eat. The plants are able to construct the substance for their own needs, but animals can not do so. They must have it supplied in their food.

The practical point is that we must not allow both of these sources to be absent from our diet. Healthy grown persons may safely do with only a very little of the foods containing the fat-soluble A, and may substitute vegetable fats for butter and suet, providing they occasionally use milk or cheese or eat liberally of the leaf vegetables. More is needed by growing children and older persons who are recovering from wasting disease, wounds, or other injuries. This is one of the reasons why in Germany, where milk and butter are scarce and food control is rigid, children and invalids are allowed more generous amounts than others.

There are distinct differences in the special growth-promoting properties of the margarines which are now on the market. Some are prepared from the more oily portion of beef fat, this being churned with milk. These butter sub-
stitutes have in some degree the value of butter fat. Others are prepared entirely from vegetable oils. These and the nut margarines serve only as energy-producing foods and cannot replace milk fats, egg fats, or the fats contained within the liver or other internal organs of animals. Milk fats and egg fats must be supplied especially in the diet of children.

Except for the fat-soluble A, there is no difference in the food value of different kinds of fat. All yield equal amounts of energy and are digested with practically the same ease and completeness. Scorched fats, such as are found in foods which have been fried at too high a temperature, sometimes prove troublesome and have given fried foods the reputation of being indigestible, but this is probably due to the poor cooking rather than to the fat itself. If we follow the request of the Food Administration and avoid fried foods to save fat we shall also escape whatever inconvenience of this sort there may be.

Although fats do not usually cause any digestive disturbances, they do remain in the stomach longer than the other nutrients, and this seems to have a most interesting effect on the sensation of hunger. That sensation begins to be felt after the stomach has been empty for a time. If there is little or no fat in the meal the sensation begins more quickly, and this probably explains why a diet poor in fat seems so unsatisfying and why one rich in fat seems "hearty." One of the most common complaints against the present German civilian diet, in which the fat is very low, is said to be that it does not "stay by," even though its energy value is high enough.

Because of the general shortage of fats among the Allies, it is necessary for us to share our supply with them. If we do not, their health and their fighting strength are bound to suffer. The Food Administration, therefore, asks us to use our fats with care and thrift. It is estimated that in order to meet the situation fully the average American consumption ought to be reduced nearly one-half; that is, to not more than a pound per person per week.

Probably not all of the 3½ ounces, which the statisticians estimate to be the average amount used, is actually eaten, and by using fats more carefully we can actually eat as much though we buy less. For example, we can save all the fat trimmings from meat, render them as our grandmothers did, and use them in cooking. Chicken fat, which is often thrown away, is excellent in cooking, especially in cake making.

When there is a shortage of animal fats we can substitute those from vegetable sources. Fortunately there are many wholesome and relatively inexpensive oils now on the market which might be used much more freely than they now are. Moreover, the production of vegetable oils can be more easily and quickly increased in an emergency than the production of the animal fats.

The fact that some fats are solid and some oily does not affect their comparative wholesomeness, but it does make a practical difference in the way we use them. Sicilian peasants may enjoy eating olive oil with their bread, but most Americans prefer a stiffer "spread." The butter substitutes made principally of vegetable oil are treated in such a way as to give them the consistency of butter, and usually have a little milk added for flavor. They are perfectly wholesome, and, if they are sold for what they are, are entirely unobjectionable.

In substituting one fat for another in cookery, one has to make allowance for differences in their composition and behavior. Butter, for example, is about one-eighth water and so it takes a little more butter than lard or oil to shorten a mixture. The following table shows in what proportions the fats may be substituted one for another in cooking:
<table>
<thead>
<tr>
<th>Material.</th>
<th>Equivalent.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup (16 tablespoons) oleomargarine</td>
<td>1 cup (16 tablespoons) butter.</td>
</tr>
<tr>
<td>1 cup commercial fat compound.</td>
<td>1 cup butter.</td>
</tr>
<tr>
<td>1 cup chicken fat (clarified).</td>
<td>1 cup butter.</td>
</tr>
<tr>
<td>1 cup goose fat.</td>
<td>1 cup butter.</td>
</tr>
<tr>
<td>1 cup fat from beef and mutton (clarified).</td>
<td>1 cup butter.</td>
</tr>
<tr>
<td>2 cups, 5 tablespoons suet, chopped</td>
<td>1 cup butter.</td>
</tr>
<tr>
<td>14 tablespoons lard.</td>
<td>1 cup butter.</td>
</tr>
<tr>
<td>1/4 cups hardened vegetable fat.</td>
<td>1 cup butter.</td>
</tr>
<tr>
<td>1 cup cream, whipping (40 per cent)</td>
<td>6 tablespoons butter.</td>
</tr>
<tr>
<td>1 cup cream, thin.</td>
<td>3 tablespoons butter.</td>
</tr>
<tr>
<td>1 ounce (1 square) cooking chocolate</td>
<td>1 tablespoon butter.</td>
</tr>
</tbody>
</table>

In making pastry with oil instead of hardened fat the oil itself helps to make a soft, workable mixture, and less water is needed.

SUGAR.

To the average person sugar means the sweet, crystalline, or powdered material obtained from sugar cane or sugar beets. The chemist thinks of it as including milk sugar, or lactose, dextrose, glucose, and various compounds, some of which resemble table sugar in chemical composition rather than in appearance or flavor. Among the common foods rich in sugar we include not only ordinary sugar but also such products as sirup made from sorghum, maple sugar, corn, etc., honey, foods like candy, very sweet cakes or puddings in which sugar is the principal ingredient, and dried fruits, such as raisins, dates, figs, etc., in which the sugar naturally present has become so concentrated by the drying that it makes them very rich in that nutrient.

Most of the cane and beet sugar used in the United States is in the form of white, refined sugar, but some is in the form of the less refined brown sugars, and some in that of molasses and table sirup, both of them by-products of the refining process. Since refined sugar is more concentrated and, less liable to fermentation than brown sugars, molasses, and sirups, it is the form in which sugar is chiefly shipped to Europe in these days of scarce tonnage. We do not help the situation much by using brown sugar in the place of white, because the brown sugar might equally well be refined and shipped as white. We do help, however, when we use for our sweetening the molasses or table sirup which are by-products of the refining, or the corn, maple, or sorghum sirup, the honey or any other kinds of sugar not made from beet or sugar cane and not so desirable for shipping.

There are two reasons for using sugar: First, the flavor is very pleasant both by itself and combined with other foods; and, second, it is (when not used too freely) easily digested, and the energy stored in it can be more quickly made available for the work of the muscles than that from almost any of our common foods. This explains why it is so popular with athletes and others undergoing great muscular exertion. Aside from this quickness of digestion, sugar is no better as a source of energy than any of the other energy-yielding foods.

The danger of eating too much sugar is not merely that of overloading the body and forcing it to go to the trouble of stowing away a surplus in the form of body fat; if taken in large amounts at one time it is liable to cause indigestion, and if used too often it spoils the appetite for other things. This is especially dangerous in the case of children, whose appetite for sweets is often stronger than for the less highly flavored foods which they need for building
their bodies and keeping them in good working order. Moreover, if they depend too much on sugar to make their food taste good, they fail to cultivate the appreciation of the more delicate flavors in other foods and thus lessen their sources of wholesome enjoyment in diet.

The common custom of serving sweets at the end of a meal is a sensible one because then they do not interfere with the appetite for other things and are less likely to be eaten in excessive amounts. It is a bad habit for persons who get all the food they need at their meals to eat candy or other sweets between meals, because it overloads the body with food, prevents the digestive organs from getting their proper rest, and often hinders the healthful enjoyment of the next meal. The danger is, of course, especially great for persons who take little exercise or who have delicate digestions.

Most persons in the United States eat much more sugar than they need and four times as much as was allowed by the French food controllers in 1916.

The sugar which the average person consumes daily in this country is used partly to sweeten coffee, tea, cereals, and other foods at table, partly in cooking cakes, puddings, and other desserts, and partly in the candies, ice creams, beverages, and other sweet foods consumed between meals. In trying to decide how it would be easiest to reduce the total amount as the Food Administration requests, it is a good plan to think over the general quantities which we are in the habit of using in each of these three ways and to decide where the reductions can be made with least inconvenience. In so doing, it may help if one remembers that 2 tablespoons or 6 teaspoons of granulated sugar, or about four full-sized lumps, weigh 1 ounce.

Many of us quite thoughtlessly put more sugar into our tea and coffee than we really wish, often leaving part undissolved in the bottom of the cup. Many of us also could quickly come to enjoy less highly sweetened food if we would only try for a week or so. Cereals could be sweetened with syrup, honey, or maple sugar instead of ordinary sugar, or served with dried fruits to give the sweet flavor. Most persons crave less sugar with cereals if the latter are carefully cooked and salted to their taste. Probably by taking thought we could reduce the amount of sugar we use on the table without more than a few days' discomfort at most.

In families where frosted cakes or very sweet puddings and sauces are freely used the sugar used in cooking could be considerably reduced by leaving off the frostings and choosing recipes which call for less sugar. Sirups and honey might often be used instead of sugar in cooking. Better still, sweet fruits, both fresh and dried, might be used instead of the cakes and puddings to give the sweet flavor at the end of the meal.

As for the sugar-rich foods eaten between meals, giving them up for patriotic reasons would bring a direct reward in better health and money saved. If one must "munch" between meals, such things as pop corn, peanuts, or nuts might be used instead of sweets. If the craving for sweets is too strong to be resisted, or when some special occasion seems to justify their use, dried fruits and confections made from them can be used instead of those made from sugar; or if candy is used, let it be made of molasses, sirup, or chocolate rather than sugar, and taken in the place of dessert instead of between meals.
TO SAVE FAT.

Use all the fat you buy. Save the drippings. Try out the meat fat.

Bake, boil, and broil more—fry less. Avoid deep-fat frying.

These fats may be used for shortening:

For biscuits, muffins, cakes, pies—
Vegetable oils, such as cottonseed, corn, peanut.
Hardened vegetable fats.
Chicken fat.
Margarine.
Beef drippings.

For sautéing or warming up vegetables—
Vegetable oils and fats.
Drippings.
Chicken fat.
Savory fat.

For salad dressing—
Olive or other vegetable oil.
Chicken fat.
Sour cream.

For white sauce, cream soups, and on vegetables—
Chicken fat.
Savory fat.
Margarine.

Serve butter on the table in small pats or pieces; this saves plate waste. Put any left on the plate into a "butter cup" kept for that purpose and use it for special cookery.

Do not put more dressing on the salad than will be eaten.

Try reducing the amount of fat in your recipes, or do not use those that contain much fat. If you use pies, make one-crust pies. Use a potato crust for meat pies.

Use fruit or other simple desserts in the place of pies, pastries, and cake and other dishes rich in fat. Use ices made from fruit that you have canned.

Observe a voluntary ration of not more than a pound of fat a week for each adult, with half that amount for each child under 10 years of age. This includes all fat—that eaten with meat and used for cooking, as well as butter and cream eaten at the table.

Butter is more than four-fifths fat. About 1/4 ounces of butter (2 tablespoons and 1 teaspoon) will give 2 tablespoons of fat, or 1 ounce.

Bacon is three-fifths fat. Five or six thin slices of bacon, 1 1/2 ounces, are needed to give 1 ounce of fat.

Ordinary cream is about one-fifth fat. Two-thirds cup of thin cream will give 1 ounce of fat.

Remember that soap is made from fat, and so is to be used carefully. Send non-edible fat to the soapmaker.
TO SAVE SUGAR.

Do not leave sugar in the bottom of tea, coffee, or cocoa cup. Stir it well.

Use sirup, honey, maple sugar, raisins, or dates to sweeten breakfast cereals.

Use molasses, maple sirup, or sirups made from sorghum and corn for part of the sugar used in cooking.

Leave the sugar out of bread; epicures think the sweetening spoils the delicate flavor.

Make your cakes without frosting. Choose recipes that contain the least sugar. Often they are better than those that have more.

In using sirup instead of sugar in cake, 1 cup of sirup will take the place of 1 cup of sugar and one-fourth cup of liquid. In almost any cake recipe sirup may be used for half the sugar.

Use fruits, fresh, dried, or preserved, for dessert in the place of "made dishes" rich in sugar. The preserves and jellies put up in the summer will furnish sweets for the winter's meals. Use fruit sirups.

Bake apples or pears with a little water for several hours until a rich sirup forms. If more sweetening is desired add a little honey or molasses.

Cook dried prunes without sugar in the water in which they were soaked until the liquid is almost boiled away. If more juice is wanted add water to the sirup. The long, slow cooking is necessary to develop a rich flavor.

Cut down on the use of candies and sweet drinks; they are pleasant luxuries, not necessities. Use fruits, nuts, or pop corn if you must eat between meals; or, if you must have candies, choose only those made with a small amount of sugar.

Use no more than 1½ to 2 ounces of sugar (3 to 4 tablespoons) a day for each person.

This includes all that is used in cooking as well as that used at the table.

1 tablespoon of sugar weighs ½ ounce.
1 cube of sugar weighs ¼ ounce.
1½ level teaspoons of sugar is equal to 1 cube.
RECIPIES, WITH SUGGESTIONS FOR DEMONSTRATION.

This lesson should show how less sugar and fat may be used, either by lessening the amount in a particular dish or by choosing dishes that contain a small amount; how sirups may be substituted for sugar, or dried fruits used in its place; how all the fat that comes into the household may be utilized.

SPONGE CAKE.

Using no wheat and no fat.

The old-fashioned rule for sponge cake was: Use the weight of the eggs in sugar and half the weight in flour. This is carried out in these cakes. The substitute flours take the place of an equal weight of pastry flour.

BARLEY SPONGE CAKE.

1 1/2 cups barley flour (3 1/2 ounces).  1 tablespoon lemon juice.
1 cup sugar (7 ounces).  1/3 teaspoon salt.
4 eggs (7 ounces).

For corn flour sponge cake use 1 cup of corn flour, (3 1/2 ounces) in place of the 1 1/2 cups of barley flour; and for rice flour cake use 3/4 cup of rice flour (3 1/2 ounces).

The following combination is especially good.

OAT AND CORN FLOUR CAKE.

1/2 cup oat flour (2 2/3 ounces).  4 eggs (7 ounces).
1/4 cup corn flour (1 ounce).  1 tablespoon lemon juice.
1 cup sugar (7 ounces).  1/3 teaspoon salt.

Directions.—Separate whites and yokes. Beat the yolks until thick and light lemon color. Beat sugar into the stiffened yolks, and add the lemon juice and salt. Fold in alternately the stiffly beaten whites and flour. Bake in an ungreased pan for 35 to 40 minutes. Start in a moderate oven (365° F.), and when about half done raise the temperature to that of a moderately hot oven (400° F.).

The texture and color of these cakes is excellent. The corn cake is especially tender. In the rice and corn flour cake use extra lemon juice to cover up the tendency toward a starchy taste.

“BUTTER” CAKE.

Using no wheat flour and with sirup in place of part of the sugar.

Different combinations may be made using this general rule 1/2 cup fat, 3/8 cup sugar, 1 cup sirup, 3 eggs, 3/4 cup milk, 6 teaspoons baking powder, 1/2 teaspoon salt, 10 ounces flour, with the addition of chocolate (using less fat), spices, raisins or nuts.

Two rules are given.

(49)
SPICE CAKE.

100 per cent barley flour.

\( \frac{3}{8} \) cup fat.
\( \frac{3}{8} \) cup sugar (about 4\( \frac{3}{4} \) ounces).
1 cup sirup (11\( \frac{1}{2} \) ounces).
3 eggs.
\( \frac{3}{4} \) cup milk.
1 teaspoon vanilla.
\( \frac{1}{2} \) teaspoon ginger.
6 teaspoons baking powder.

1 teaspoon salt (or \( \frac{1}{2} \) teaspoon according to the fat used).
1 teaspoon cinnamon.
\( \frac{1}{2} \) teaspoon cloves.
1 teaspoon allspice.
3\( \frac{3}{4} \) cups barley flour (10 ounces).
1 cup raisins.

Directions.—Cream the fat, sugar and egg yolk. Add the sirup and mix well. Add alternately the liquid and the dry ingredients sifted together. Add the flavoring and fold in the well beaten egg whites. Bake for one hour in a moderate oven (350° F.). After 20 minutes raise the temperature somewhat (to 400° F.).

In place of the barley flour 1 cup of rice flour (5 ounces) and 1 cup of buckwheat (5 ounces) may be used.

CHOCOLATE CAKE.

50 per cent rice flour, 50 per cent barley flour.

\( \frac{1}{4} \) cup fat.
\( \frac{3}{8} \) cup sugar (about 4\( \frac{3}{4} \) ounces).
1 cup sirup (about 11\( \frac{1}{2} \) ounces).
3 eggs.
\( \frac{3}{4} \) cup milk.
1 teaspoon salt.

1\( \frac{1}{2} \) cups rice flour (5 ounces).
1\( \frac{1}{2} \) cups barley flour (5 ounces).
6 teaspoons baking powder.
1 teaspoon cinnamon.
1 teaspoon vanilla.
2 squares chocolate.

Directions.—Cream the fat, sugar, and egg yolk. Add the sirup and mix well. Add alternately the liquid and the dry ingredients sifted together. Add flavoring and the chocolate melted with a small portion of the sirup. Fold in well beaten egg white. Bake about one hour, starting in a moderate oven (350° F.). After 20 minutes raise the temperature somewhat (to 400° F.).

In place of the rice and barley flour 1\( \frac{1}{2} \) cups of buckwheat (8 ounces) and \( \frac{1}{2} \) cup of ground rolled oats (2 ounces) may be used.

SCOTCH OAT CRACKERS.

2 cups rolled oats.
\( \frac{1}{4} \) cup milk.
\( \frac{1}{4} \) cup molasses.

1\( \frac{1}{2} \) tablespoons fat.
\( \frac{3}{4} \) teaspoon soda.
1 teaspoon salt.

Directions.—Grind or crush the oats and mix with the other materials. Roll out in a thin sheet and cut in squares. Bake for 20 minutes in a moderate oven. This makes 3 dozen crackers.

OATMEAL BETHY.

2 cups cooked oatmeal.
4 apples cut up small.
\( \frac{1}{2} \) cup raisins or dates or other dried fruit.

1\( \frac{1}{2} \) cup corn sirup.
\( \frac{3}{4} \) teaspoon cinnamon.

Directions.—Mix and bake for one-half hour. Serve hot or cold.
"Every particle of fat should be used."

Run through the meat chopper trimmings of fat from meat, or cut chicken fat up fine, and heat it in a double boiler until completely melted. Strain the fat through a moderately thick cloth. The particles left may be used as "scapple." The fat, after straining, should be carefully heated, to make sure that it is free from moisture.

Fat rendered in this way may be used in the various ways. If possible, use some of it for the recipes demonstrated in this or other lessons.

Savory fat may be made by adding to the fat, before rendering, a slice of onion, a bay leaf, thyme, marjoram, sage, or other seasonings, salt and pepper. This may be used in warming over vegetables, in cooking meat, and in the meat-saving dishes such as are given in the next lesson.
REFERENCES.

United States Food Administration:
Lessons in Food Conservation—Lesson VI.
Available in every public library.

United States Department of Agriculture:
Farmers' Bulletin 535, Sugar and its Value as Food.
Circular of Extension Work, South, A 89, Jelly Making.
Circular of Extension Work, North and West, Ext. N., Making Jelly with Commercial Pectin.

Order from the Department of Agriculture.


Order from the Superintendent of Documents, Washington, D. C.

United States Food Leaflets:
No. 13, Use Fats Carefully.
No. 14, Save Sugar.

Order from the Federal Food Administrator in your state.

The Lessons on Food Conservation give a statement of the Food Administration's program as regards sugar and fat, and give figures for their consumption in different countries, also a table of equivalents for other fats as substitutes for butter in cooking. Farmers' Bulletin 535 is a simple discussion of the nutritive value of sugar. Farmers' Bulletin 653 and Department of Agriculture Bulletin 469 include recipes as well as discussion. The other publications consist chiefly of recipes. The United States Food Leaflets are extremely simple four-page leaflets and include inexpensive recipes.

(52)
LANTERN SLIDES.

Portions of Foods Containing the Same Amount of Sugar,
Sugar Beets—Map, Sugar Production of the World,
Typical Beet.
Typical Beet Plant.
Hoeing Beets in Colorado.
Steam Traction Engine Hauling Wagons.
Sugar Cane. Cane Field in Louisiana.
Cane Press.
Honey—Map.
Honey.
Save the Sugar.
Several Ways to Save Sugar. Which is Your Way?
Sugarless Candy? Certainly. Use Corn Sugar.
France Has Less Sugar Than We. We Must Divide.
Candy.
Destruction of Sugar Refinery in Belgium.
Food Equivalent as in Fat.
Composition of Some Common Fatty Foods.
One-third of an Ounce of Fat.
Remember Jack Spratt!
Save Butter by not Serving too Much to Each Person.
Every Spoonful of Drippings is Valuable in Cooking.
Save the Fat to Feed the Soldiers.
Suet Has Many Uses in Cooking.
Economy in Use of Fat—Do Not Serve Too Much to Each Person.
Three Fat Rich Meals.